

A study on Experience of Caregiving, Coping and Expressed Emotion Among Primary Caregivers of Young People with First Episode Psychosis

ABSTRACT

INTRODUCTION- Caregiving for a mentally ill relative can be challenging that to for someone who is experiencing psychosis for the first time, their relatives will be totally at dark due to the unexpected and unpredictable nature of the illness. The caregivers will experience a maelstrom of emotions and undergo a lot of stress and strain in understanding and taking care of their ill relative. It is important for us to understand their experiences, the ways by which they cope and how it affects their health so that appropriate interventions can be planned to support them.

AIM & METHODOLOGY- To study the caregiver experience in relatives of patients with First episode psychosis, their coping strategies and Expressed Emotions. Caregivers of 60 patients with FEP were given Experience of caregiving Inventory (ECI), Ways of coping Questionnaire (WOC), Family Questionnaire and GHQ 12. Patients were given PANSS to assess the influence of patient symptoms on caregiver experience.

RESULTS- Significant correlation is seen between education of caregivers and coping strategies. Correlation is seen between negative aspects of

caregiving and emotion focused coping. Expressed Emotions are determined by the caregivers' appraisal of the stress.

CONCLUSION- Education status of the caregiver plays a significant role in caregiver appraisal and coping strategies used. Emotion focused coping is used more than avoidant coping in caregivers of patient with first episode psychosis.

KEYWORDS: *Caregiver experience, coping, Expressed Emotion, First episode psychosis.*